



**TIVERTON  
MUSEUM**

of Mid Devon Life



# REMINISCENCE SERVICE

## Accessing the museum's collection for older people

### WHAT WE OFFER

Tiverton Museum of Mid Devon Life runs an outreach reminiscence service, taking objects from the museum's collection into residential homes and memory cafes.

### WHAT IS REMINISCENCE?

Reminiscence uses the senses (touch, sight, smell & sound) to help people remember events, places and people from their past.

Reminiscence has been shown to aid cognitive function, encourage memory recall and improve the health and wellbeing of older people and those living with dementia.

Reminiscing can be great fun for everyone involved and can help care home staff to get to know residents, and residents to get to know the people they live with better.

### WHO IS THE SERVICE FOR?

Sessions work best with a group of 5-12 people, although we can accommodate larger groups, so please contact us to discuss your requirements.

We recommend the service for people with mild to moderate, or no dementia.

### WHAT YOU CAN DO TO HELP THE SUCCESS OF A SESSION

Providing the right atmosphere is key to the level of success of a session. An hour or more in a quiet space with no interruptions can bring amazing stories to the fore. Sitting in a semi-circle so that participants can see each other, and making sure that those present are interested in taking part can all contribute to making the experience a pleasant one.

We ask that members of the group do not have other commitments during the session time (eg. hairdresser appointments).

Family visitors are welcome to join in, but we ask that they attend the whole session to avoid interruptions.

**For safeguarding purposes, a member of staff should be present at ALL times.**



## SESSION THEMES

We bring a collection of objects to your venue based around a theme such as 'Childhood'. By sharing these objects we encourage participants to talk about their memories of their lives. Each session will have a different theme - you can request a particular theme, or we can choose one for you.

We can offer the following themes:

- 1 Childhood
- 2 School Days
- 3 We're All Going on a Summer Holiday
- 4 Home Sweet Home
- 5 Around the Kitchen Table
- 6 Farming
- 7 The Working Week
- 8 Saturday Night Out
- 9 Hobbies
- 10 Celebrations & Jubilations
- 11 Christmas



## OUR CHARGES

Sessions cost £48 for venues within a 10-mile radius of the museum. For venues more than 10 miles away, there is an additional mileage charge of 45p per mile.

**Cancellation:** We reserve the right to charge the full amount if the booking is cancelled by you within 48 hours of the session.

## DISCOUNT FOR MULTIPLE BOOKINGS

If you book 6 sessions together, the sixth session will be FREE (travel expenses may apply). All six sessions should be booked to take place within a twelve month period.

## HOW TO BOOK

Call or email the Learning & Participation Officer to discuss the needs of your group at [education@tivertonmuseum.org.uk](mailto:education@tivertonmuseum.org.uk) or call **01884 256295**



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